

**Team Johnson** (from L-R) Sarah Dunlop (office mgr), Dr. Kelly Johnson DC and Melinda Moir (laser tech)









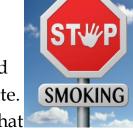


1st – 30th –Dr. Kelly away for Meditation Retreat in Spain! Dr. Grape will be covering

### Kick it Once &

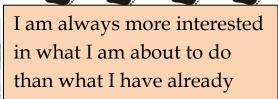
### For All!

You are linked to that cigarette. Like a chain that



weighs you down. Dragging your feet and your spirit. You are alienated from others and restricted from public places. You feel hopeless & frustrated. You want to break free and be healthy. You want to live longer and share that long, healthy life with your loved ones. We can help you break that link! We offer hope for a better life. You are not alone. Let us help you.

Extra 10% off if booked in June
See monthly package here.



done. - Rachel Carson

Vegan Chocolate

## Peanut Butter Cups

Johnson Press



runningonrealfood.com Chocolate:

2 x 1/4 cup melted coconut oil (2 batches)

2 x 3 tbsp pure maple syrup (2 batches)

2 x 1/4 cup cocoa powder (2 batches)

#### **Peanut Butter Filling:**

1 cup natural peanut butter

2 tbsp coconut oil

1 tbsp maple syrup

1/4 tsp sea salt

1 tbsp + 2 tsp nutritional yeast

1 tsp cinnamon

- Mix 1<sup>st</sup> batch melted coconut oil, maple syrup and raw cocoa powder in a bowl.
- Spoon about 1/2 tbsp-1 tbsp into muffin cups, it should make 12 large cups.
- Place in freezer for 10 mins.
- Mix ingredients for peanut butter filling in bowl. Mix until it's smooth & nutritional yeast mixed completely.
- Remove chocolate cups from freezer & spoon peanut butter filling into each cup; about 1 heaping tbsp/cup. Place in freezer for 20-30 mins or until hardened.
- While peanut butter is setting, mix 2<sup>nd</sup> batch of chocolate ingredients. Once peanut butter cups are ready, spoon mixed chocolate ingredients over top of peanut butter. Sprinkle with cacao nibs & Himalayan salt, if desired. Place back in the fridge for about 10 minutes or until the chocolate is set.





# Dads! Get in the Game Without the Pain -

ne

As warmer weather approaches, golfers can't wait to get to the first tee. But twisted postures, the torque of the swing and forgetting to warm-up can cause unnecessary injury.

Here are a few easy stretching techniques that and help you get in the game without the pain. For help developing a warm-up and stretching routine that's right for you, consult your chiropractor.

**Side Bending Stretch** – Stand with feet shoulder-width apart. Bend to one side without rotating until you feel a stretch in the side of your back.

Quadriceps Stretch – Keep your thighs together and your knee pointing toward the ground. Pull your abdominal muscles in and maintain a straight back. Hamstring Stretch – Stand with feet shoulder-width apart. Reach your hands towards the sky. Then, bending at the waist, reach toward your toes.





Are you looking for healthier, chemical-free ways to get your house **clean?** You can use pure essential oils to clean almost anything in your home. Use white vingegar, castile soap & drops of Lemon, Orange or Lavender for cleaning your floor. Use **Peppermint** oil to sanitize around doors & windows if you have a problem with mice or ants. Orange, Clove & Cinnamon will make a wonderful room freshener. White vinegar also makes a lovely natural fabric softener in your laundry. A mix of vinegar, water, Lemon & **Orange oil** in a spray makes a fantastic smelling window cleaner! **RECIPES** 

# Essential Oils are for Dads too!

- **Deep Blue Rub -** soothes muscles before & after exercise
- Cedarwood & Lemongrass essential oil -popular to diffuse or use as aftershave
- Peppermint essential oil fresh breath, cooking, massage, promotes digestion
- Balance essential oil blend creates calm, eases anxious feelings
- **Intune blend** maintains focus at work

# Pet Corner with Dr. Kelly

Signs your dog or cat MAY NEED adjusting:

- Difficulty going upstairs
- Moving slower than normal
- Resistant to jumping on or off the bed, Resistant to going outside or for walks
- Limping, Incontinence
- Hip issues, Sore after playing with other animals
- Staying in the litterbox too long

#### **Benefits of Adjustment**

- 1) Increases joint range of motion
- 2) Reduces inflammation
- 3) Reduces adhesions in the joint
- 4) Increases circulation
- 5) Relaxes tight muscles
- 6) Reduces pain

Our mission is to minimize the dis- ease of the nervous system caused by trauma, toxins & thoughts & to maximize well-being.

Got your Happier, Healthier Rewards Card?







